

"The Symbolizer Method"

Discover the secrets to create the mindset for online success

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Aloha, I'm Antonio Perez. Thanks for downloading this Ebook. The “Symbolizer Method” can be used to adopt any belief or behavior that you wish inside of yourself.

Keep in mind that this isn't a magical pill. To be successful with this technique, you'll need to do a little bit of work. I promise that if you're willing to put in a few minutes a day you'll definitely notice some changes.

The premise of the **Symbolizer Method** is that the subconscious mind deals in symbols and metaphors. Its basically a Symbolized affirmation. The reason that most affirmations don't work is the subconscious will fight with what you're saying to yourself.

For example, you might want to become more confident talking to people. With an affirmation you might say to yourself “I'm becoming more confident talking to people” or “I'm more confident talking to people.”

The problem with this is your unconscious is going to try fighting this. “Quit kidding yourself, you're not confident...so don't bother”.

Now on the other hand, if you were able to get this affirmation past the gatekeeper (subconscious) you'll have better results.

Another reason that affirmations aren't usually effective is there is no **emotional juice** behind them. I'll explain later how you take care of this.

Here are two relatively unknown facts.

- 1) The subconscious loves symbols, metaphors, etc. It doesn't work on logic and or reasoning.
- 2) Anything that gets past the gatekeeper (subconscious) can appear in your dreams. Hint Hint ;)

For the **Symbolizer Method** to have maximum impact, you'll need to have a solid goal in mind. You need to focus on what you want to accomplish. If you're focusing on what you don't want, you'll just get more of. “I don't want to be broke” isn't a good outcome to have.

So take a few minutes to come up with an outcome you want. What I want you to do is to think of something that you either want to get better at or master. It might be copywriting, email marketing, product creation, productivity, etc. Or you might just want to adopt a new belief.

There are separate steps for whether its a skill/behavior you want or a new belief.

To master a new skill/behavior use the steps below

- 1) What skill and or behavior do you want to adopt?
- 2) What kind of belief would you need about yourself that would allow you master it?
- 3) Fill in the blanks “I'm mastering/learning [skill/behavior] because [belief]”

For example “I'm mastering copywriting because I have valuable products that can help people to learn personal development”

Feel free to use the blank space below to write out your goal (that is if you printed this ebook out)

To create a new belief use the steps below

1) Think about a belief that will help you with your online marketing career (or any other belief that you want).

2) What kind of belief do you already have about yourself that is positive?

3) What kind of metaphor would describe yourself (**or** describe what you're doing) once this belief is deeply ingrained into your subconscious?

3) Fill in the blanks [Belief] because [metaphor]

For example “I'm a successful online marketer because I'm a force for good”

“I'm a successful online marketer because I'm moving through life as warrior”

“I'm a successful business owner because I've got the focus of a laser”

“I'm a successful business owner because I'm focused like a laser”

“I'm a successful copywriter because my words are gold”

“I'm a successful copywriter because my words speak volumes”

Those are just a few examples. I'm sure you can come up with much better examples, mainly because you know yourself better than anyone else!

If you've printed this ebook out feel free to use the space below to write out a belief that you want to implant deep into your subconscious.

How to use The Symbolizer Method to install this skill/behavior and or belief

Here is where the magic happens. You're going to take what you just wrote out and turn it into a **power** symbol. The reason for this is the subconscious LOVES symbols (and metaphors). For this you'll need to either get a blank piece of paper or use the blank space provided a little farther down this page.

1) Write down the skill/behavior and or belief.

Ex. "I'm a master copywriter because I can communicate with my words"

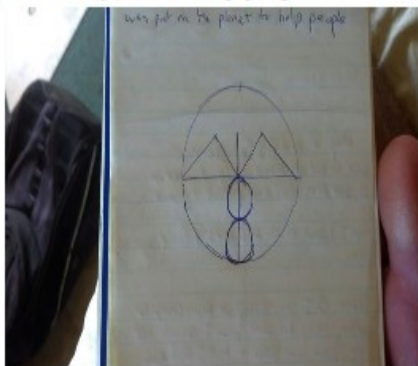
2) Eliminate all of the vowels and double consonants.

Ex. m str cpy b n w ds

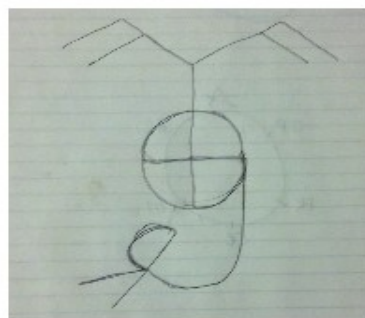
3) Now take the remaining letters and create a symbol out of them. I've got a picture below of one that I made. Here are two of these symbols I've made with The Symbolizer Method.

NOTE: You can make these symbols look however you want. Sometimes when I create this symbols for success I'll make them neat and symmetrical . Other times they might look a lot more organic. It doesn't matter what they look like. What matters is that you actually use them!

"I'm focused and productive because I was
put on the planet to help people"



"People want to buy my products
because I'm a force for good"



In the next section you're going to learn a few ways to get these symbols for success into your subconscious. Pick the one that you're most comfortable with and use it as much as you can.

After you've mastered the techniques in the next section, you can try some of the more advanced techniques.

The Symbolizer Method – How to install your symbol for success in your subconscious

1) Repetition Method

One of the easiest ways to get your symbol for success in your subconscious is to make multiple copies of your symbol and place them in as many spots as possible. You can put them on your fridge, on your bathroom mirror, in your wallet/purse, etc.

The more you are exposed to this symbol, the greater chance you have of impressing this symbol in your subconscious. I'm sure you've noticed how things that you do during your waking life can appear in your dreams. Why not take advantage of this naturally occurring phenomenon?

I'm not sure how soon you're going to notice an effect on your dreams and your waking life.

2) The hourly reminder method

This method is pretty much identical to the repetition method. To use this method you'll need to have a smart phone. Basically you need to set off hourly (or half hourly) reminders. When these reminders go off you can simply think about this symbol in your mind.

If you can find a phone app that will show you a picture when the reminders go off this might be a little bit better. If you find an app like this for either Android or Iphone let me know so I can add links to this ebook.

3) The Meditation/Self Hypnosis Method

Another really great method for getting these symbols into your subconscious is with either Meditation or [Self Hypnosis](#) (Affiliate link – because I like being transparent). Either way should suffice. If you decide to use Self Hypnosis that affiliate program I linked above is a pretty powerful program. In my opinion its probably the best Self Hypnosis program out there.

4) The Sleeping Method

The sleeping method is probably one of the more easier methods. There really isn't much to it. While you're lying down getting ready to sleep make sure to keep your Symbol in your minds eye. You can try telling yourself over and over that this symbol will appear in your dreams or have an affect on your dreams.

Depending on how well you remember your dreams, your results may vary with this method at first. What I would like to suggest you do is keep a dream journal right next to where you sleep. As soon as you wake up start writing down any dreams that you can remember. After a little while of writing down your dreams on a daily basis, you'll be able to remember them much easier. **Get in the habit!**

Advanced Techniques - The Lucid Dreaming Technique

The lucid dreaming method is definitely one of my favorite. A lucid dream is basically a dream where you know that you are dreaming. Pretty trippy stuff! You can get a 10,000 word e-course about lucid dreaming here <http://www.world-of-lucid-dreaming.com/>

To be able to use this method successfully you'll need to do quite a bit more work. Its totally worth it though.

There is a key skill that is required to be able to lucid dream. You'll need to know when you are dreaming. To develop this skill you'll need to use reality checks throughout the day. A reality check is when you're trying to find out if you're dreaming or not.

Here are a few reality checks you can use throughout the day. What I've been doing is to have a reminder on my Smart Phone going off on the hour for every hour from 10am to 9pm. When it goes off I do my reality check.

[Android App for doing Lucid Dreaming Reality checks](#)

[Iphone App for doing Lucid Dreaming Reality checks](#)

1. **Breathe** - Can you hold your nose and mouth shut and breathe?
2. **Jump** - When you jump, do you float back down?
3. **Read** - Can you read a sentence twice without it changing?
4. **Look** - Is your vision clearer or blurrier than normal?
5. **Hand** - Can you push hand through a solid surface?
6. **Time** - Can you read a clock face or digital watch?
7. **Fly** - Can you will yourself to fly or hover above the ground?
8. **Palms** - Do the palms of your hands look normal close-up?
9. **Mirrors** - Does your reflection look normal in the mirror?
10. **Math** - Can you add up two numbers for a correct answer?

1) Do reality checks daily! If you have a Smart Phone create a reminder to go off throughout the day to remind you to do your reality checks.

2) Have a dream journal next to your bed. As soon as you wake up in the morning write down your dreams. **DON'T WAIT**. If you hesitate the dreams made fade away.

3) When you are going to bed have your symbol in your mind. Meditate on it, do [Self Hypnosis](#) (affiliate link), etc.

4) **OPTIONAL**: A really good method to induce lucid dreams is the Wake and Back to bed method. With this Lucid Dreaming technique you're basically waking up after 6 hours of sleep, and then going back to bed a few minutes later. When you do this you're naturally entering REM (Rapid Eye Movement) sleep.

What you do is set your alarm clock to wake you up after 6 hours of sleep. When the alarm goes off get out of bed, drink a glass of water, etc. You want to stay awake anywhere from 20 to 30 minutes.

While you're awake you can meditate on that Symbol of yours. You can also stare at this Symbol with the intent that its going to have an affect on your dreams. After the 20 to 30 minutes simply go back to bed.

When you're drifting off to sleep keep this Symbol in your minds eye. The more you do this method, the better results you'll notice.

The Become Your Mentor Method

This is the powerhouse behind The Symbolizer Method. This technique is designed to model a skill/behavior from someone that has a skill/behavior you want to learn.

To really get the full effect of this you should buy the Hypnosis recording [Deep Trance Identification](#) (not an affiliate link) from John Overdurf. It'll be kind of hard to take full advantage of this technique without it. This Hypnosis recording will help you to “step into” the person you want to model and take on some of their beliefs, behaviors, etc.

Here is the description from the products website

You didn't learn to walk by reading a book, you learned to walk by using the process of Deep Trance Identification, which is the most natural way for you to learn anything. In just under 30 minutes, you will learn how to create the conditions that allow you to step into a role model to acquire, integrate and reorganize processes to create new behavior and spontaneous mastery, almost like spending time with someone who you want to learn from and picking their brain!

The beauty of this audio recording is that it allows you to step into the person that has the skill you want to model. This audio is brilliantly designed in its ability to open up a world of possibilities.

For this to work you'll need to think about someone that already has mastered the skill/behavior that you want for yourself. This technique will work better with skills and behaviors instead of beliefs. If you have access to this person even better.

By following the steps outlined below you'll find some amazing things happening in your dreams. I'm not going to say you're going to notice yourself becoming the person you want to learn from, because you might not notice this at first.

Sooner or later you're bound to find yourself performing the skills you want in your dreams. Make sure to get in the habit of utilizing this technique on a daily basis. The more you use this technique the more quickly you'll find yourself integrating the skills/behaviors you want for yourself.

A) You'll need to do some research on this person and discover:

1. What is your mission in life and how do you know you are fulfilling it?
2. Who are you and what do you believe about yourself and your abilities?
3. What are you believing that makes it possible **when you're doing** this skill that makes it possible for you to do what you do so well?
4. How do you do what you do unconsciously?
5. How do you know you've done it well when you've done it well?
6. What are the deeper motivations, abilities and states of being?

NOTE: All of the information gathered above is essential because it will be needed when you listen to the audio recording. Try to grab as much of this information as possible.

B) Once you've got that information you can create another Symbol. Keep it related to the skill/behavior and or person that you want to model.

Here are a couple of variants you can try:

1. I'm modeling Joe Blows ability to write compelling copy
2. I'm modeling Joe Blows email marketing abilities
3. I'm mastering email marketing
4. I'm modeling Topher Morrisons ability to captivate an audience
5. I'm mastering writing effective copy

C) Before you go to sleep at night set your alarm to wake you up after 6 hours.

D) While you're lying down simply look at this symbol that you created with the intent of dreaming about it.

E) Listen to the Hypnosis recording (There are 3 tracks. You only need to listen to the main one).

F) Drift off to sleep while listening to the recording.

G) After your alarm wakes you up after 6 hours quickly write down any dreams that you had.

H) Get out of bed, get water, etc. Stay awake for anywhere from 20 to 30 minutes. While you're awake for this short amount of time simply look at this Symbol and try to "internalize it". Meaning you want to impress your subconscious with this symbol.

I) Lay back down and listen to the Hypnosis recording again.

Here is a simple way to remember the steps.

A) Set your alarm clock to wake you up after 6 hours.

B) Meditate on the Symbol for a few minutes before you go to sleep with the intent to internalize this symbol.

C) Listen to the Hypnosis recording.

D) Wake up after 6 hours and jot your dreams down in a notebook.

E) Stay awake from 20 to 30 minutes and "meditate" on this Symbol. **Internalize it**

D) Lay back down and listen to the hypnosis recording

Rinse Wash Repeat

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